

Group Exercise and SilverSneakers® December 2016

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or bloomington.in.gov/TLRC.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.			SilverSneakers® Circuit*		SilverSneakers® Circuit*		
9 a.m.							Yoga Core
9:30 a.m.		SilverSneakers® Circuit* Pickleball	Turf Time for Toddlers SilverSneakers® Classic*	SilverSneakers® Circuit* Pickleball	Turf Time for Toddlers SilverSneakers® Classic*	Pickleball	
10:30 a.m.		SilverSneakers® Classic*	SilverSneakers® Yoga*	SilverSneakers® Classic*	SilverSneakers® Yoga*		ZUMBA® Gold
5:30 p.m.		Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Pilates R.I.P.P.E.D.	Nia® Move IT		
6:30 p.m.		ZUMBA® Vinyasa Flow II	Core 360 R.I.P.P.E.D.	Beginning Yoga Boot Camp	ZUMBA® Core 360		

*If you qualify for SilverSneakers®, your Twin Lakes Recreation Center membership is free! Inquire at the front desk to check your eligibility or to sign up.

Excel Tae Kwon Do

Beginner—

Tuesdays and Thursdays, 5:30–6:30 p.m.

Advanced—

Tuesdays 6:45–7:45 p.m. and
Thursdays, 5:30–6:30 p.m.

Jan. 3–Feb. 9 • For all ages.

\$50 • Register by Jan. 8.

This class focuses on coordination, discipline and self-confidence in a fun and safe environment. Excel TKD is taught by Master Emeline O'Connor, a 4th-degree black belt with more than 20 years of experience.

SilverSneakers®

To find out more about SilverSneakers®, the nation's leading exercise program designed exclusively for older adults, inquire at the front desk.



Fitness Assessments

Take control of your health by learning as much as you can about your fitness level. The data collected from a fitness assessment gives you a starting point, and provides a baseline to compare to as you make progress toward your fitness goals. Contact Megan Stark at 812-349-3770 or starme@bloomington.in.gov to learn more about body composition tests, or to schedule a fitness assessment. **TLRC membership is not required.**

Includes:

- Free recording of your resting heart rate and blood pressure.
- Optional tests for estimates of body composition, in particular body fat:
 - Skinfold analysis: \$25
 - Bioimpedance analysis: \$5

By appointment only • For all ages.

Group Exercise trial week Winter II session

Try any class for free Jan. 2–8. The Winter II session runs through Feb. 12.



1700 W. Bloomfield Rd.
812-349-3720

Hours:

Mon.–Fri.: 6 a.m.–10 p.m.

Sat.–Sun.: 7 a.m.–10 p.m.

Holiday Hours:

December 24: 7 a.m.–1 p.m.

December 25: Closed

December 31: 7 a.m.–1 p.m.



Twin Lakes Recreation Center

bloomington.in.gov/TLRC

Free, Ongoing Programs for Adults (ages 50 yrs. and up) December 2016

The Lower Level is open Monday–Friday from 8 a.m.–3 p.m.
It is closed Saturday and Sunday except for reservations and scheduled activities.
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

Participation in these programs is free and TLRC membership is not required.
For more information about programs and services for adults, call 812-349-3720.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	Steady Steppers		Steady Steppers		Steady Steppers
9:30 a.m.		Lap Quilting			
10:30 a.m.	Drop-in Bridge	Euchre	Drop-in Bridge		Euchre
11:45 a.m.			Tai Chi Qigong		
1:30 p.m.			International Folk Dance		Advanced German

ADDITIONAL ACTIVITIES

Legal Counseling

December 5 • 3 p.m.
by Atty. Tom Bunger
Call 812-349-3720
to register.



Pickleball

M, W, F • 9:30 a.m.–1 p.m.
Court 4

TLRC or SilverSneakers®
membership or
purchase of a
daily admission
pass is required
to participate.



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nation's leading exercise
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exclusively for older adults,
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Breakfast Bash

December 15
8:30–10 a.m.

Registration required.
Call 812-349-3720
to register.

Sponsored by
Hearthstone Health Campus

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RECREATION
CENTER**
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PARKS AND RECREATION
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